



MINUTES OF ACT MEETING 16<sup>th</sup> March 2017 [by Linda Carter]

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## Lecture by Hema Vyas Psychologist and Hypnotherapist

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My belief is when people let go of things they will remember who they are and find their true essence which is love joy and abundance. However in the world people are struggling even with ancestral memories held in the mind body field. I try to identify patterns in the current moment and then help the patient let go of them.

This allows the energy to flow and it is my belief that we are energy and information - we hold on to what doesn't belong to us what is given to us at birth which is made up from a parent's DNA and we cannot metabolise it.

If parents processed their stuff whilst we are in the womb it is okay for the embryo to process it but we are too busy, we hold on to that which does not serve us, now we are running our lives without time to metabolise internally.

We are heading for a crisis but a beautiful opportunity to heal essentially it is about letting go  
What is the resistance that is held by clients who can't or won't let go? Firstly uncertainty what will replace this?

This is deeply embedded and becomes part of a person's make up

It is okay if it is positive but life evolves, so that which served our parents may not serve us. There needs to be a letting go

Life gives us clues and speaks to us

I call this hard energy with synchronicity and purpose. Recognise what is not working and the signs that something needs to be looked at and go deeper and turn it into an opportunity

Even with sorrow and pain it is still hard to let go especially of the unconscious and acupuncture gets energy going and gives clarity recognise there is a way through

The second reason people find it hard to let go of what is not serving them is it is overwhelming  
Where do I start? There is a can of worms and fear of early memories which are formed at around three or four years old.

If we have had past trauma - for example parents who have struggled, what do we do and how do we process these things using hard energy?

We can let go of what does not belong to us - hypnotherapy is a wonderful tool as it is the intention to come back to truth, to get over the suffering or block without having to know what it actually is.

In relation to childbirth what about the resistance to their trauma that they have grown up with? abortions, miscarriage, difficulties falling pregnant. Difficulties with health issues?

We do not need to identify the trauma.

(Note book by Lynn McTaggart The Power of Intention)

Intention is a cornerstone of everything that is happening in our lives.

With fertility intention of having the baby is stronger than any blockages. I help patients to achieve clarity to understand the situation, even if they cannot fall pregnant themselves there will be a solution and I'll try to guide them to that to heal for whatever reason

Ultimately it is about letting go. We have a right to be the best we can be in our lives when we listen to your own heartbeat what is it about for us?

We are all connected so that will lead us to whatever is best for everybody around us.

Clear memories thoughts and beliefs

Apart from hypnotherapy which creates expansion flow and space the more Space there is the easier the energy flows and this creates expansion. When you avoid dealing with physical, emotional, mental or spiritual issues you create blocks, anything that is blocked becomes toxic over time.

Why do people experience disease? It is things that have gone on and they are avoiding which creates the blocks

They need courage to face these things, the heart knows the truth they will get through it!

Patients can need a team of people to support them and hold faith for them the more I hold the vision for them the more they have something to hold onto.

We also need someone to hold this intention for us as therapists

What do we do about the fear they are experiencing?

What needs to happen is truth

The fear is more toxic than that which actually happens however this is not easy to say to someone

Hold the intention for them that it will be okay

Heart to heart no words are needed.

When patients clear their stuff it is great for future generations it is the greatest gift to give and receive - a blank canvas

We are holding on to someone external stuff - we cannot process it.

When you walk into a room for a patient the more centred you are impactful you will be

Fear about memories thoughts and feelings -allow them to know that things can be clear!

Ask where do you want to be instead? What do you want instead?

Look back at a trauma without the need to stay there and you will respond to energy and will move blockages

We bring back the same experience over and over to get our attention so we have the opportunity to deal with it

It can show up in our personal relationships or work relationships

everything will have its time as it needs to be

everything happens for a reason

Communicate there is an answer a solution, a way, and this is not about over promising, they can find the courage to confront whatever it is that holds them back

Meditation is a tool that people have access to within themselves

it is a powerful tool

it stops repetitive thoughts

you don't need to know or do anything

it clears that block

it is the same with yoga, energy begins to flow that's why meditation is something I recommend when they are ready to hear it and I believe meditation is invaluable

Figuring out how to help themselves

minimise negatives and utilise information that is positive

food is also information when energy flows we eat well and make good choices create joyful happy and successful lives a

Ask what is the outcome you want is it forgiveness understanding compassion or to let go?

whatever is needed happens

there is no longer a need to avoid or relive a certain situation - simply change and look at it in a more forgiving way.

Primordial sound meditation is what I teach